

Joan Larsen chops vegetables for stew, while her son Ryan is served a glass of pioneer lemonade by curator Patricia Smith at Pioneer State Park. Authentic pioneer foods will be made at Mary Fielding Smith's house for July 24th.

PHOTOGRAPHY/ OWEN STAYNER  
DESIGN/ ROBERT NOYCE

# Authentic recipes from pioneer days

By Winnifred Jardine 22 July 1984  
Deseret News food editor

**J**OAN LARSEN arises early in the morning to put her house in order, prepares breakfast for her husband, Than, and their two teen-age children. At 9 o'clock she makes her way, by car rather than covered wagon, up to the Pioneer Trail State Park (across from the Hogle Zoo) where she transforms into a sort-of pioneer — a paid historical worker for the park.

Donned in authentic pioneer dress, Joan involves herself in activities similar to those of her pioneer ancestors: tending the country store, quilting, carding or spinning or weaving, cleaning the cottages, irrigating the gardens, feeding the sheep or helping round up the oxen.

"There's a feeling of peace working up here," she told us. "I think the pioneers are a part of the tranquility, too. Yes, they had a hard life, but it was better than the years before. They didn't feel deprived. They didn't hate their life. They loved working for their families just as we do. That was their fulfillment just as it is ours. We just realize the fulfillment in different ways.

"I couldn't go back and work as hard as they did," she mused. "I could never survive it. But they couldn't have survived our lifestyle either. Working up here gives me the best of both lives."

After 4 years as a volunteer, Joan is now on the staff, but spends many more hours there than her contract requires. This past year she and Than, who works as a volunteer have become involved in hearth cookery and can often be found at the Mary Fielding Smith home in which the only working hearth of the Park is located.

Than Larsen is well-experienced in camp or Dutch oven cookery, having done it several years for the Boy Scouts, but he has found preparing a meal in a sargus pot (the black, iron, 3-legged pot with rounded bottom and lid) over a hearth fire to be more difficult. Joan conjectured that "the pioneers must have built their fires on one side of the hearth, then hung their kettles to the side



## Sourdough Made From 125-year-old Starter

- 1 cup whole milk
- 1 cup flour
- ¼ cup sugar
- 1 cup sourdough starter

Combine all ingredients and let stand for at least 3 hours or over-

night. Before using, remove 1 cup as "starter" and proceed on recipe as directed. Should be divided no oftener than once a week. If sourdough is allowed to work over 24 hours, "starter" will not "bubble over" in container. Start can also be refrigerated between uses.

## Sourdough French Bread

- 1 package active dry yeast
- 1½ cups warm water (potato water is best)
- 2 tablespoons sugar
- 1 cup sourdough starter
- ½ teaspoon salt
- 2 cups flour
- ½ teaspoon soda
- 2 cups flour

In large bowl dissolve yeast in

warm water to which sugar has been added. Add sour dough starter, salt and 2 cups flour. Beat 2 minutes with electric beater or 4 minutes by hand. Combine soda and remaining flour until blended and stir into mixture while kneading 5 to 10 minutes or until satiny in appearance. Let rise until double in bulk. Knead 5 to 10 minutes more. Shape and let rise until double in bulk. Bake.

Makes 2 loaves.

## Sourdough Pancakes

- 1 cup sourdough
- 1 cup milk or buttermilk
- 2 eggs
- 1 tablespoon sugar
- 1 teaspoon salt
- 1½ cups flour
- 2 teaspoons baking powder
- ½ teaspoon soda
- 3 tablespoons cooking oil

½ to ¾ cup blueberries (optional)

In large mixing bowl combine sour dough, milk, eggs, sugar and salt and beat well. Add flour, baking powder, soda and cooking oil and beat until smooth. Fold in blueberries, if used. Batter is thin. Spoon batter on medium hot griddle that's been rubbed with shortening and bake, watching carefully as they brown quickly and burn easily.

## Pioneer Lemonade

For a quart, take the juice of three lemons, using the rind of one of them. Peel the rind very thin, getting just the yellow outside; cut into pieces, and put with the juice

and powdered sugar, of which use two ounces to the quart, in a jug or jar with a cover. When the water is just at the tea point pour it over the lemon and sugar, cover at once, and let it get cold."

## Bath Cakes

"Mix well together a quarter of a pound of butter, half a pound of flour, two large eggs, and a tablespoonful of yeast; set the mixture before the fire to rise, and when this has been effected, add two ounces of finely powdered sugar

and half an ounce of carraways (sic). Roll the paste out into little cakes; bake them on tins."

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